

Sample Birth Plan

A few words on crafting a birth plan:

Shorter is better. No one will read a manifesto, and then your wishes will be lost. Make it easy on the eyes for maximum impact. Bullet Points are your friends. And remember: you'll catch more flies with honey than vinegar (the hospital staff are flies and your words are the honey... well you get the idea). A pleasant tone goes a long way and if you start out strident, you have nowhere to go.

SAMPLE BIRTH PLAN – JANE AND JOHN SMITH

(Intro: tell them a little about you)

Our baby is a boy and at this point we are planning on naming him Lima Bean. Jane is very queasy about needles and we would like to have as few as possible. We are excited to be delivering here and hope to have a healthy happy birth. Thank you for your care.

DURING LABOR AND DELIVERY:

We are hoping for an unmedicated, vaginal delivery and to that end Jane would like to:

- Have as much freedom to move around and choose comfortable positions throughout the labor.
- Have intermittent monitoring if all seems well with the baby.
- Avoid an I.V. (and heparin lock) unless something about the birth would make this unsafe.
- Not be offered pain medication. Jane will let you know if she needs it.
- Be allowed to choose positions for pushing that feel most comfortable and to be guided in Jane's pushing to help minimize tearing.

Cesarean Delivery

If a cesarean becomes necessary it is very important to Jane that John be present with her in the O.R. and that he accompany the baby to the nursery.

POSTPARTUM:

Umbilical Cord

John doesn't care to cut the cord; please wait until it has stopped pulsing to cut it

Medical procedures on baby

- We would like to delay eye medication and vitamin K shot until after initial bonding is established.
- Likewise, we would like to delay blood test (PKU)--if possible, until the first doctor's visit.
- If baby must be taken from room, and/or if medical procedures must be performed on the baby, either John or Jane would like to accompany the baby at all times.

Rooming-in

We plan to room-in with the baby 24 hours a day and have requested a private room.